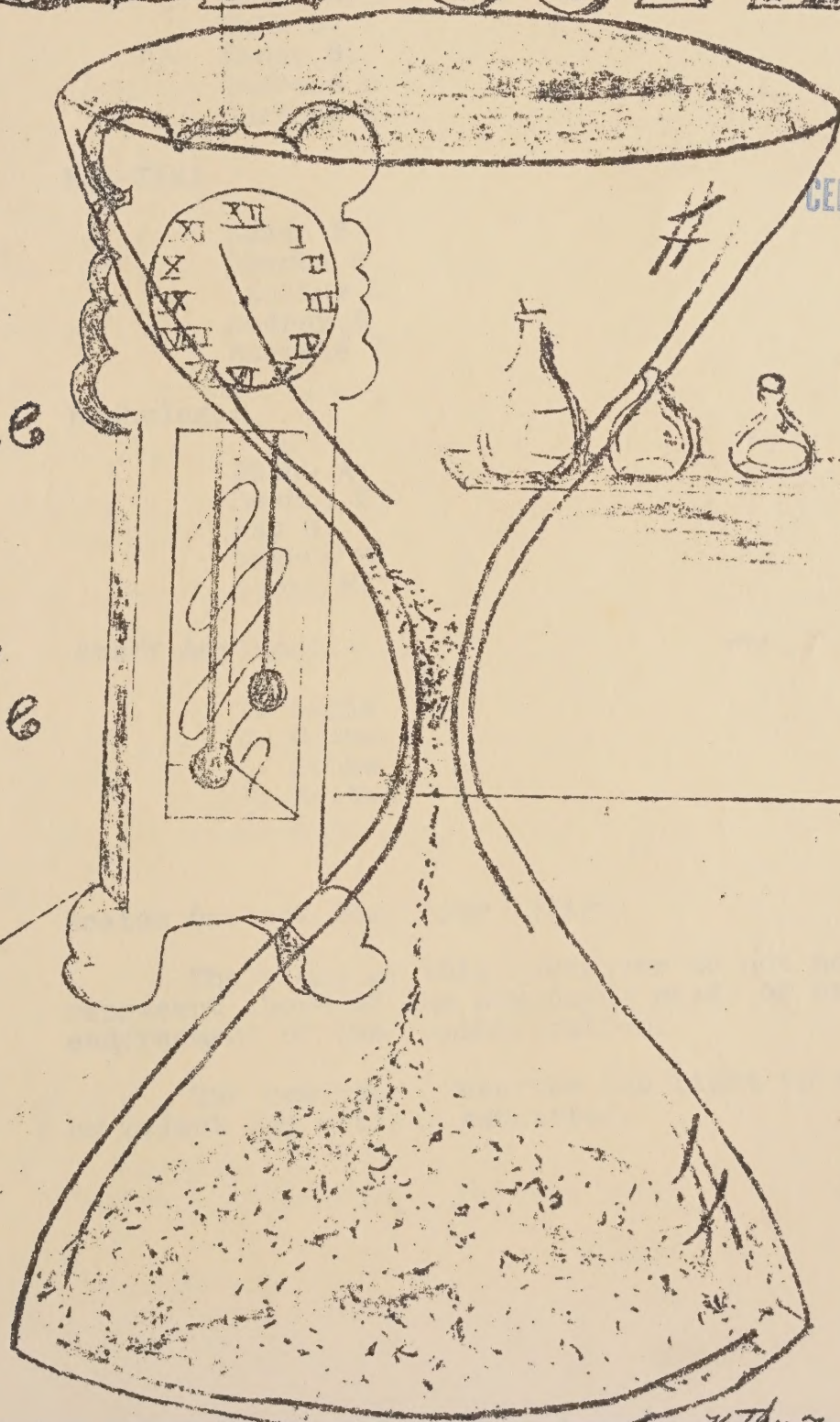


THE INSIDE OUTLOOK

Time
in
a
Bottle



CENTRE OF CRIMINOLOGY

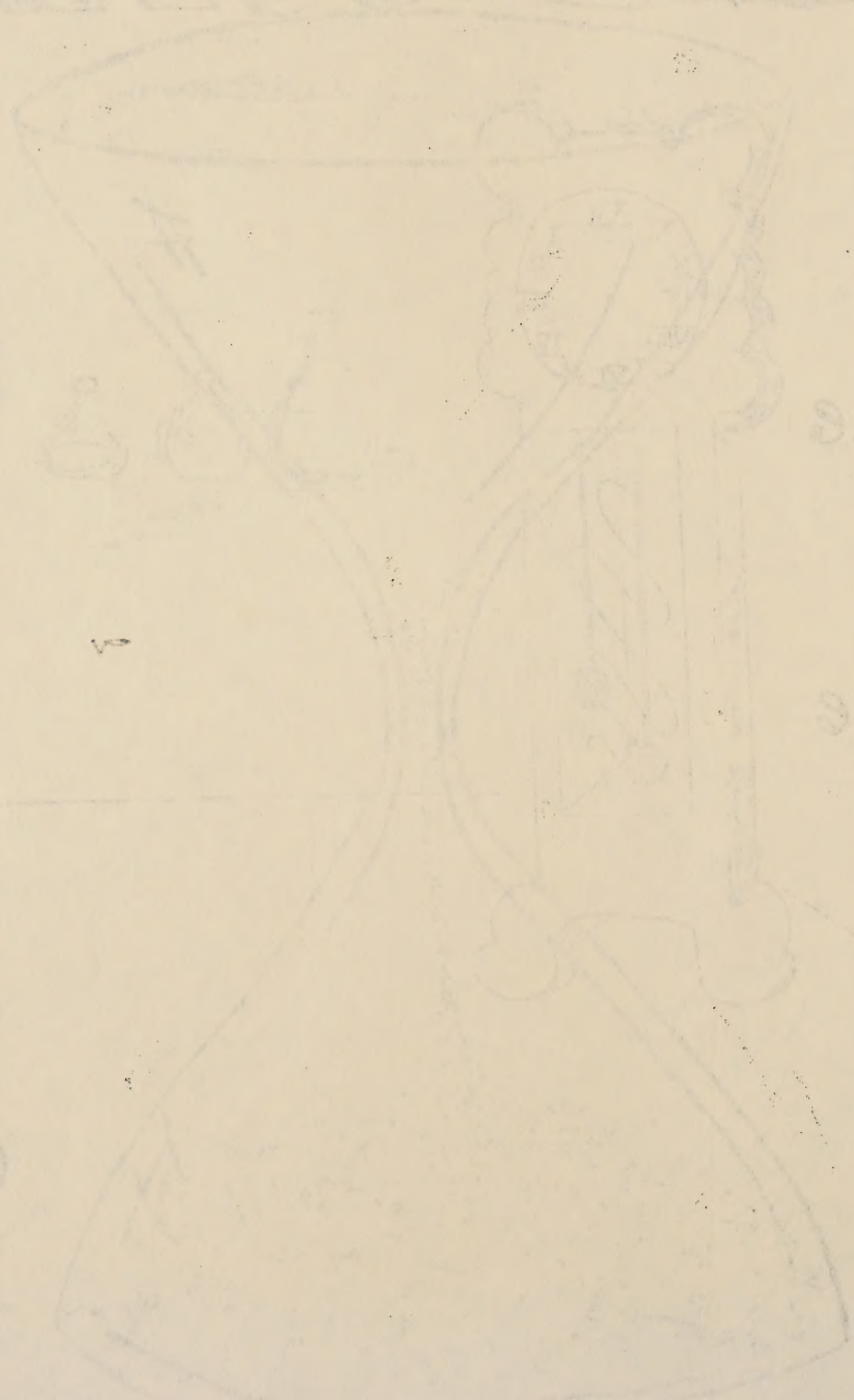
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Oct. 1974
Volume 2-no.6
Brampton, Ont.

THE

INSIDE OUTLOOK



Time
to
Bottle

Oct. 17th
Vol. 2. No. 5
Doubtless

THE INSIDE OUTLOOK

Invictus:

Linda B.
Gail B.
Renee B.
Theresa G.
Christy W.

Kon-Tiki:

Susan B.
Sharon C.
Pauline D.
Audrey D.
Marcele S.

Hochelaga:

Diane A.
Deanna D.
Fay G.
Sharon H.
Sarah M.

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T. Angle
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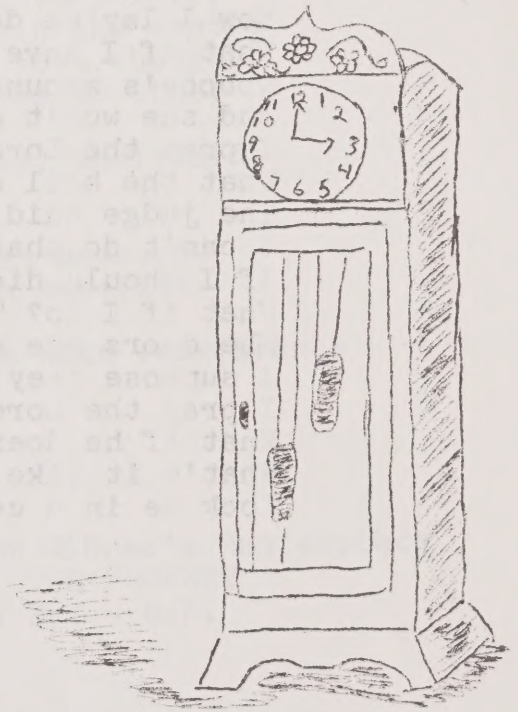
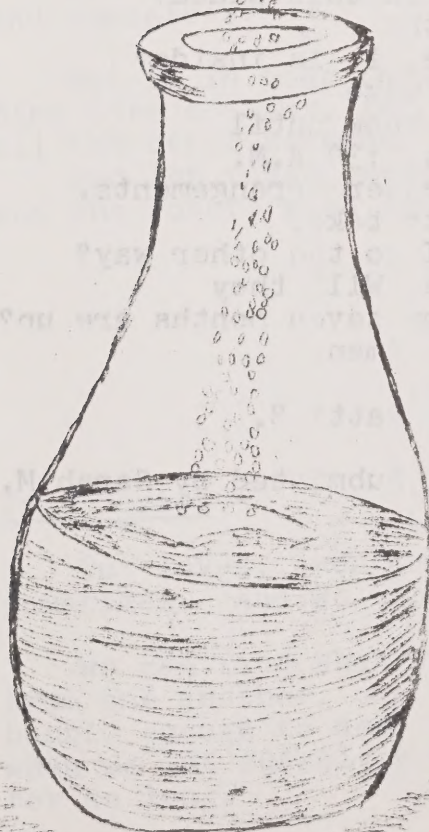
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EDITORIAL

Time is one of the few things we truly own. Long or short we have it. What we do with it is another matter. We know, of course, that when we do what we like, time flashes; and contrarily, when we are not doing what we like time drags. It would be rather better if we could reverse that process. I suggest that if we work together we might manage it. If we all gather at an end of the complex, and hold on to the land we could stop the world for a few minutes. (Or at least we could slow it down)

Likewise, (for those who want it speeded up), we could run from one end to the other (the principle of the treadmill) and we could speed up the world. Of course, this is still in the planning stages. The higher mathematics have yet to be straightened out. We need only to travel as fast as the sun in order to keep time constant. With a little extra effort, we could reverse time. So eat your Spinach. And we'll try it. Meanwhile, I'll speak to my Sponsor. Something must be done.

Sister Renee, C.S.C.



Renee B.

The Human Body, At Peace with itself,
 is more precious than the Rarest Gem.
 Cherish your body, it is yours this one time only.
 The Human Form is won with difficulty.
 It is an easy thing to lose.
 All worldly things are brief, like lightning in the sky
 This life you know as the tiny splash of a raindrop
 A thing of beauty that disappears even as it comes into
 being,

Therefore set your goals,
 Make use of every day and night to achieve it.

I think this poem sums up what I feel about time.

by D. Morgan

Saying My Prayers

Now I lay me down to sleep
 What if I have a nightmare?
 Nobody's around except the night matron
 And she won't do anything.
 I pray the Lord my soul to keep
 What the hell am I doing in this place?
 The judge said seven months
 I can't do that much time, it is inside?
 If I should die before I wake
 What if I do? They won't know until
 The doors are unlocked at 7:30 A.M.
 I suppose they'll make proper arrangements.
 I pray the Lord my soul to take.
 What if he doesn't? And I go the other way?
 What's it like down there. Will they
 Lock me in a cell until my seven months are up?
 Amen,

Patti S.

Submitted by Sarah M.

And an astronomer said, Master, what of Time?

And he answered:

You would measure time the measureless
and the immeasurable.

You would adjust your conduct and even
direct the course of your spirit according to
hours and seasons.

Of time you would make a stream upon
whose bank you would sit and watch its
flowing.

Yet the timeless in you is aware of life's
timelessness,

And knows that yesterday is but today's
memory and tomorrow is today's dream.

And that that which sings and contemplates
in you is still dwelling within the bounds
of that first moment which scattered the
stars into space.

Who among you does not feel that his power
to love is boundless?

And yet who does not feel that very love,
though boundless, encompassed within the centre
of his being, and moving not from love thought
to love thought, nor from love deeds to other
love deeds?

And is not time even as love is, undivided
and spaceless?

But if in your thought you must measure
time into seasons, let each season encircle
all the other seasons,

And let today embrace the past with remembrance
and the future with longing.

Taken from Gibran's Masterpiece

THE PROPHET

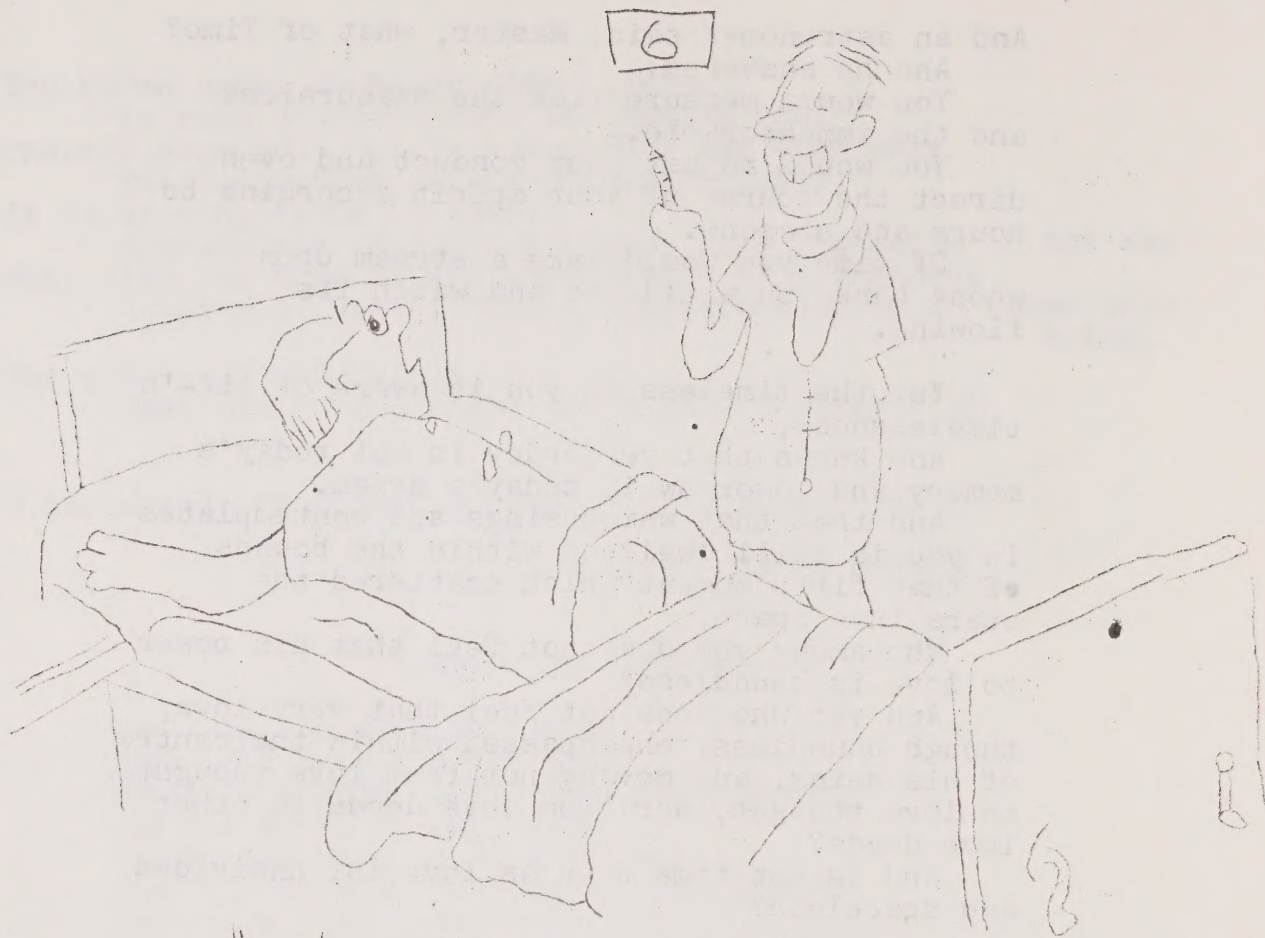
Submitted By: - R.B.

Post Script:-

Our loves, even our great loves, can get lost
sometimes. And we look so foolish when they do.

We can find what we really love only with help
from one another. We only get that help when we're
humble enough to ask for it. But it feels wonderful
when we let ourselves be found after having been lost
for so long.

Father Bromley.



"Now, Reverend, turn the other cheek. Please"



From Terry G.

A PARABLE

Once there was a great prince in the far way East. He was wealthy beyond anyone's imagination; he was young and handsome, he was a good king and his people loved him.

He was deeply in love with a young woman--some time when he remembered how much he loved her, he would have to stop whatever he was doing to think about her.

The whole household of the king, the servants and the courtiers, the groundskeepers and cooks, the king's councilmen and the great nobles of the land were all preparing for the king's marriage to a beautiful young girl.

Ah, she was young and soft and slender. Her hands were so delicate that her skin was almost transparent. But as all delicate and fragile things are, she was not strong.

One morning she felt a little ill; by nightfall she was very ill. When a confused distorted night gave way to a grey dawn, she was a dead body, unmoving forever, lying in her great, now useless canopied bed.

The prince was a man of lead. He did not either eat or sleep, neither laughed nor cried; he barely even breathed for what seemed a thousand years. The king's household spoke to one another in whispers that he too might die from grief of losing her.

After many days, the prince stirred and rose to his feet. His face was carved from stone. Slowly, he raised his two fists before him and began to speak.

"I will build a tomb for my love to sleep so magnificent and so majestic that all the world will forever be reminded of the beauty of her body and soul."

The royal builders and planners were called in. They were overwhelmed by the picture that the young King drew. Many rooms became full of drawings and plans, all the while craftsmen from all over the world painted and carved. Marble from the West, gold and gems from the East, silk from the desert lands and cedar from the rainforests all came to the kingdom for the building.

Ten years, and then twenty passed. The wealth of a dozen kingdoms could be found in that place. Now he was an older man, and completing the task of his lifetime. People came from the farthest corners of the world to see the mightiest works that the hands of man had ever built.

5

Cont; A. R. W. L.

The king stood in the centre of the great hall. All was now completed, but a door opened at one end of the great hall and some workmen carried a long black marble box slowly to the centre of the hall.

The king was astounded, "What are you doing," he cried! "Take that thing from here. It looks like a coffin. I won't have so ugly and morbid thing in the midst of all this beauty."

Submitted by Father Bromley

What is Reality all About

When I was sentenced by Judge Steele, the terms of my sentence were, two years less on day incarceration, plus three years probationary period. During these three years, I am not to consort with known criminals.

Participation in the therapeutic milieu in my cottage is "Reality - Therapy".

The basis of this theory is that we become close to each resident, fully revealing our personality defects. In this manner we should be able help each other with our problems.

Taking reality to be precisely that "Reality", how can I relate these conditions to the terms of Judge Steele's sentence?

Since 1961, the only people I have been able to rely on, and associate with have been those "outside the law".

My question question is. How can it be right for me to become involved with known criminals, within the institution, yet so wrong to associate with them through the probationary period?

Judy T.

Feiffer

AM TO
DEMANDING-



OR FRIGHTEN
THEM AWAY.



NO
DEPENDENT-



ONE DAY I WILL
MEET A MAN WHO
CAN PUT UP WITH
ME



SO
PASSIONATE-



AND THROUGH
HIS LOVE- I
WILL CHANGE



AND TOO
POSSESSIVE



UNTIL
THEN-



IM
FREE

Jules Feiffer

submitted by Susan B.

- from the Village Voice, New York City

Canteen Price List

Snack Bar	.08	Bobby Pins	.18
Crispy Crunch	.08	Combs Small	.05
Liquorice Nibs	.08	Kleenex Reg. White	.18
MacIntosh Toffee	.08	Kleenex Boutique	.30
Planter Peanuts	.08		
Maple Buds	.08	Playing Cards	.87
Chocolate Raisins	.08	McLeans Tooth Paste Giant	.56
Coffee Crisp	.08	Pepsodent Tooth Paste	.34
Smarties	.08	Crest Tooth Paste	.34
Certs - Assorted Fruits	.08	Colgate Tooth Paste	.34
Wintergreen	.08	Polident Tooth Paste	.34
W.V. Popcorn	.14	Alberto V.O.5 Hairdress.	.90
Dentyne Gum	.07	Head & Shoulders Shampoo	.73
Juicy Fruit Gum	.07	Johnston's Baby Shampoo	.69
Spearmint Gum	.07	Ponds Cold Cream	.57
Lifesavers Rum & Butter	.07	Nivea Cream	.64
Five Flavours	.07	Noxema Cream	.83
Spearmint	.07		
Hostess Potato Chips	.07	Q-Tips	.30
Plain	.07	Johnson Baby Oil	.65
B.B.Q.	.07	Johnson Baby Powder	.96
S.&V.	.07		
Fruit Drops	.08	Dial Soap	.15
Clear Mints	.08	Baby's Own Soap	.12
Scotch Mints - Small	.08	Lux	.15
Humbugs	.18		
After Dinner Mints	.18	Arrid Deodorant	.53
Ju Jubes	.18	Ban Deodorant	.69
Cigarette Papers	.04	Lipstick-Red Gone Bright	.34
Tubs of Tobacco	1.06	Soft Coral	.34
Export Tobacco	.34	Nearly Pink	.34
Daily Mail Tobacco	.34		
Export Plain Cigarettes	.35	Writing Supplies	
Export A Filter	.35	3 Lined Sheets	.01
Rothmans Filter	.35	1 Large Lined Pad	.24
Cameo Menthol	.35	1 Large Unlined Pad	.38
Matches 2 pkgs.@.	.01	2 Small Envelopes 2@.	.01
Plastic Cigarette Case	.19	Legal Size Envelopes.	.03 @
		1 Thin 8"x10" Writing Pad	.17
		8¢ Stamps	.08
Coke	.12		
Fresca	.11		
Orange	.11	Birthday Card	.50
Ginger Ale	.11	Missing You Card	.10
Kool Aid	.11		

Bic Pens

.15

Please Note:

Do Not Doodle On This List

The following items may be purchased in the Canteen but must be received by the Correctional Officer, to be kept for your protection & Use on the Cottage:

11

A Loving Mother Writing To Her Son

My Dear Son:

Just a few lines to let you know that I am still alive. I'm writing this letter slowly because I know you can't read, too fast. You won't know the house when you come -- we've moved.

It was a lot of trouble moving -- the most difficult was the bed. You see the man won't let us put it in the taxi. It wouldn't have been too bad if you father hadn't been sleeping in it at the time.

About your father, he has a lovely new job. He has 500 men under him. He's cutting the grass in the cemetery.

Your sister got herself engaged to that fellow she's been dating. He gave her a beautiful ring with three stones missing.

Our neighbours started to keep pigs. We got wind of it this morning. I got my appendix out and a dishwasher put in.

There was a washer in the new house but it don't work very well. Last week I put 4 shirts into it, pulled the chain and I haven't seen them since.

Your little brother came home from school yesterday crying that all the boys in his class have new clothes. We can't afford to buy him a new suit so we're going to buy him a new hat and let him look out the window.

Your sister had a baby this morning, but don't know if its a girl or a boy yet so I don't know if your an aunt or an uncle.

Your Uncle Dick drowned last week in a vat of whiskey in Dublin Brewery. Four of his work mates dived in to save him but he fought them off bravely. We cremated his body and it took 3 days to put the fire out.

Kate is working in a factory now in Birmingham. She's been there for six weeks. I'm sending her a new set of underwear. She says she's been in the same shift since she's been there.

Your father didn't have much to drink for Christmas. I put a bottle of Castor Oil in his bottle of beer. It kept him going till New Year's Day. I went to the doctor on Thursday, your father came with me. The doctor put a small glass tube in my mouth and told me not to open it for ten minutes. Your father offered to buy it from him.

It only rained twice last week. First for 3 days and then for 4 days.

I must go now -- cause the plumber is coming to fix the pipes and there's a shocking smell.

Your loving Mother.

P.S. I was going to send you \$10.00 but I had already sealed this envelope.

Submitted by Gail B.

The choice was put to them whether they would like to be kings or kings' couriers. Like children they all wanted to be couriers. So now there are a great many couriers, they post through the world, and, as there are no kings left, shout to each other their meaningless and obsolete messages. They would gladly put an end to their wretched lives, but they dare not because of their oath of service.

-Franz Kafka, The Great Wall of China

The king commanded that Xios be taken to an altogether different country. His name was to be changed, his features artistically mutilated. The people of the new country were to create a new past for him, a new family, talents very different to his own.

If he chanced to recall anything of his former life, they refuted him, told him he was mad, and so on...

They had prepared a family for him, a wife and children who said they were his.

In short, everything and everybody told him that he was who he was not.

- Paul Valéry, Priséés
submitted by Susan B.

I Hate Women's Liberation

I'd like to punch Germaine Greer in the nose. What's she doing to us women? I don't want to be a truck driver, and I don't want to get drafted into the army so I can be equal to a man. Hell, we all know we're better than men, and always will be. Women live longer than men. We outnumber men, we control most of the money in North America and we spend most of it.

Now what's the matter with Germaine? She wants to liberate us! From what? I've always been liberated! I refuse to burn my bra to prove I'm free--I need it. I refuse to pay for a man's dinner-- is that freedom? I like having my hair done and wearing make-up, it makes me feel great. Germaine wants us to be equal to men. Is she crazy? We've been superior to them for centuries. So Germaine, forget it baby, you're behind the times.

There isn't a man in the world that a woman can't get around. Remember the garden of eden, that's where it all began. Man lost control and woman have been conniving ever since.

It's a women's world, we just let the men run it for us!

by Chris Mills

Thank You Dr. MacDonald

Just a few words of thanks to Dr. MacDonald, for taking such good care of me and my baby. A lot of girls here, speak irrationally about him for one reason or another, but I would like to say that he is one of the best obstetricians in the business. At any time, if he was in doubt, he never hesitated to call in a specialist. He is a very concerned and dedicated man. At different times some girls may think he doesn't care just because he won't give them medication for nerves, or for withdrawal from drugs. This is understandable, because then they wouldn't actually be withdrawing; they would simply be remaining on an even keel, so to speak, and consequently when their time expired they would be tempted towards greater amounts. Once they are over the period of withdrawing, it only stands to reason that they will feel a lot better, so if they stop and think they won't want to go back on drugs.

So from me to you, Dr. MacDonald, I would like to say thank you from the bottom of my heart. Never once did I lose my confidence in you, for I never had any reason to. Thank you so very much and so long.

Natoma and Gail B.

THEY GROW SO FAST

It all begins with a new born child. "Stop", think back as far as you can to your first step, the first time you tied your shoes all by yourself, or if that is too far back try your first day in school. Wasn't that a day to remember! Does it seem like 20, 30 or maybe 50 years ago. Not really does it! Now that I've got you thinking, think of your early teens and the way people dressed, the way we kept ourselves occupied. Different from the kids these days isn't it?

If you have any children, think of the day you had him or her and how fast they've grown. Remember all the beautiful little things they do and treasure them.

Time can be a wicked thing; it ages people physically and it can warp their minds. The best way to do time (and I'm not referring to incarceration) is to live every day like it is to be your last. Put everything you've got into it just as if there were no tomorrow and you'll end up getting a lot more out of "LIFE+."

Gail B.

LIBRARY

DON'T FORGET ALL THE USEFULL RESOURCES IN THE LIBRARY.....

The Criminal Code 1973
Tremear's Annotated Criminal Code 6th Edition.
Martin's Annual Criminal Code. 1973.

Federal and Provincial Legislation re: Correctional
Institutions.

Legislative Enactments:

E.G. Immigration Act
Penitentiary Act
Parole Act
Highway Traffic Act
Landlord and Tenant Act * And Others

WE HAVE *****

FOREIGN LANGUAGE CATALOGUES -
Spanish -- Hungarian -- German -- Dutch
Portuguese

INFORMATION ON COMMUNITY COLLEGES

AND

A NEW INFORMATION FILE

With subject of interest including, Acupuncture,
Consumer Protection, John Howard Society, Prisons,
Stratford Shakespearean Festival, Women, Legal Status, etc.

THE NEW INVICTUS PROGRAMME

When the new Invictus programme first came out, the Invictus staff was a little concerned about how the residents would feel towards the cottage programme. The Invictus programme contains speaking out more freely in groups and in the cottage house meetings. Letting staff and residents communicate more on a one-to-one basis, and learning to let everyone know what your feeling are, and bringing them out more in everyone. Having an Initial Presentation is to find out what the residents see in you, how you come across to people and "where you are at" in Invictus. Also important is what you want to gain while here and what you see yourself doing while on the cottage. The programme lets you see what you need to work on to better yourself both during your stay at Invictus and also for when you leave here.

Submitted by Linda B.

Resident's Meeting, August 19.

Mrs. Satterfield came and spoke about programs available from the Ministry of Community and Social Services: The Income Maintenance Program, the Vocational Rehabilitation Services, and the Indian Development Branch.

Income Maintenance, consists of Mother's Allowance and disability income, cannot be applied for while you are in Vanier. However, Vanier can help you prepare the information necessary for application while you are here, so that when you do apply the waiting time will be less. Welfare can cover until the long-term program at Mother's Allowance is worked out. Vanier can provide a cover letter to welfare to indicate a need for immediate assistance upon release. This is done at the resident's request: however, since you must list your previous addresses anyway to establish the need for welfare, they will know that you were in Vanier anyway.

If you have questions about whether you are eligible for the programs available, you should ask the social worker or clinical rep. on your cottage.

Effective September 1st internal searches will be given on a "spot check" basis following group T.A.'S. The policy on individual T.A.'S that everyone is searched will remain as it is now.

Security will maintain records re: two visits per week for the three month trial period. The policy will be re-examined in November. During this period, you may have two visits a week: not consecutively during the same visiting period, but visitors may return for another visiting period the same day.

It was brought up that residents should be allowed to see visitors even though they are not on thier visiting list. Why is there a visiting list? Anytime that a resident does not want to see a visitor she can turn down the visit anyway, so "protection of the resident" doesn't seem to apply. Mrs. Porter is on the committee concerned with visiting, so this will be discussed at Resident Meeting when she returns.

Submitted by Susan B.

Woman

Woman was created from the rib of man
Not from his head to top him
Nor out of his feet to be trampled upon
But out of his side to be equal to him
Next to his heart to be loved.

Gail B.

FAREWELL

I thought I'd drop a line to say so-long to all the friends I've made during my stay at Vanier. I remember when I first came here, I thought to myself, that there was no way was I going to let anyone get to me. But I guess I was wrong, because I've become very close to a lot of people. I also said that there no way anyone was going to change me but again, I was wrong in a way, because, no one changed me but with a lot of help I changed myself. I really have to admit that I like the change. This may be considered a "Ripley's Believe it or Not", but it is the truth, when I came here I found it very hard to stand up for myself, so to cover up was very loud and rebellious. Then once I finally realized that no one here was out to get me, I kind of dropped that front and let the real me come through. I found just being me things turned out a lot better than I expected. The other way people just didn't want to be bothered with some loud mouth, so I really had no choice.

I would like to say thank you to all the Invictus Staff for the support they gave me and all the confidence they had in me that I could make it, and I did it just by being me! A special thanks to Linda, Dave and Ron, the three people who helped me the most.

So to everyone a little note of advice - "Take it or Leave it for what it's worth", "Just be yourself you'll be a lot further ahead".

A very special thanks to Wilky even though she's gone, also to Heidi.

To Everyone,
So Long,
Remembering You Always,
Gail B.

Reverend Loader came to Vanier about six years ago to help the Residents here to understand the relationships with God, man and themselves. Down through the years he has met a number of women from all walks of life. Through his pleasant manner to each one, he has helped make God an everlasting friend. All of us here at Vanier will miss his smiling face, though we know that whatever he does will give a little something special in someone's life.

Written by
Marcele S.

YOU REALLY KNOW YOU'RE INCARCERATED WHEN:

- 1) "PEN TIME" is no longer writing to a friend.
- 2) There's no fine for over-due books at the library.
- 3) People on a diet look healthier than people on regular meals do.
- 4) You suddenly have an interest in Queen's Park.
- 5) Your "Valuables" consists of personal mail.
- 6) You wish it would rain on a Holiday Weekend.
- 7) Talking in your sleep could result in another conviction.
- 8) You are in bed at 10:30 on a Saturday night.....ALONE!
- 9) Immigration tries to deport you---even though you were born here.
- 10) A "DOPE PEDDLER" is no longer a dumb kid on a bike.
- 11) Your husband & boyfriend visit you...AT THE SAME TIME!
- 12) You take a bus trip to a place you don't want to go.
- 13) A "FIT" is not an epileptic seizure.
- 14) You go to church on Sundays.
- 15) The telephone rings and 20 girls yell "PHONE".
- 16) You eat three square meals a day and have a bed to sleep in at night.
- 17) You have to know four hours ahead if you are going to have a headache.
- 18) You discover that you haven't even seen the reruns on T.V. yet.
- 19) "PIGS" are no longer farm animals.
- 20) Toilets have push buttons instead of handles.
- 21) A name like "Ron Harshman" suddenly means something.
- 22) "COUNT TIME" no longer means 1, 2, 3,
- 23) You roll your own cigarettes.
- 24) Stamps, shampoo, deodorant... suddenly become luxuries.
- 25) "Recreation" no longer means something you enjoy doing.
- 26) A 30¢ raise in pay makes you independently wealthy.
- 27) You go to a doctor because you're "sick".
- 28) When you forget what "MONEY" looks like.
- 29) Old songs take on new meaning.

-submitted by Linda W.

A CRY FROM THE HEART

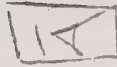
Dear Friends and Comrades:

When asked if I would write an article on Alcohol and its tragedies, it really made me think, as this is from someone who has been there and lost plenty and hurt wonderful people along the way. Believe me, it's a terrible sickness and one not to be laughed at, as not too many can throw the first stone at one who is down by the curse. But thank God, all is not hopeless as one can sure find help from friends, as I have found here. I sure thank my lucky stars for this chance to finally have a clear head.

So, whoever you are, and no matter how low that bottle has taken you, don't ever, ever give up, please try again, no matter how many times you have failed, because just around the corner could be a much happier life for you and those around you.

SO SISTERS, KEEP TRYING!

Submitted by:
Mother Rita



THINK

When you have loved so very strong but have been taken from that love, the natural instinct is to seek out something that can replace what you've lost.

The need for replacement is so great, we forget to take into consideration that "the replacement" also has a need to be fulfilled.

In finding a standin for our lost love, we are in fact responsible for another person's loss. That loss could possibly be more realistic than our own.

This inconsideration is something we are all guilty of. We should not feel remorse but in fact see the experience with a logic that in the future may benefit us all.

Just think to Yourself:

- 1) I have been deprived (for the time being) of someone's love.
- 2) I must be able to divert this feeling towards someone else so as not to feel completely deprived.
- 3) Has this person to whom I wish to cling, also lost a love that may have been to them permanent?
- 4) If so, when I gained back my own love, it is in fact adding greater loss to a person who might seriously be damaged by what I have disregarded.

It is not wrong to want to fill that gap, but it is wrong to disregard another person's needs.

THINK

You can regain your love after a certain length of time. Someone else may be looking for a love that they can thrive on and make eternal.

Your gap may be filled with someone's loneliness.

By Jay G.

1

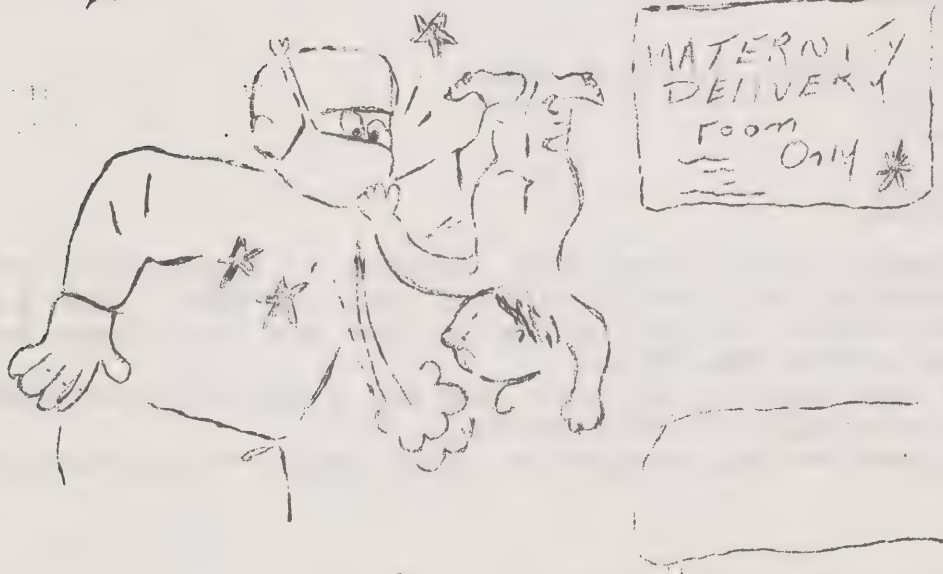
19

MATERNITY
DELIVERY
ROOM
— Only *



2

MATERNITY
DELIVERY
ROOM
— Only *



From Terr. G

A "little bit" of "Little Bit"

You will need:

3 oz. of white 4 ply or double knitting wool; small quantities of red, orange, green, black wool; three No. 10 knitting needles(U.S. size No. 3); small piece of red felt; kapok for stuffing.

Cast on 10 stitches in black wool.

Knit 1 1/2 in.

Change to white wool.

Knit 3 in.

Break off wool and leave sts. on needle.

Knit a second leg and put both on to one needle.(20 sts.)

Knit 6 1/2 in. in white wool.

Knit 3 in. in black wool.

Knit 6 1/2 in. in white wool.

Divide for legs and knit them to match the front ones.

ARMS

Cast on 16 sts. in white wool.

Knit 3 in.

Cast off.

MAKING UP

Sew seams on the wrong side, leaving an opening for stuffing and rounding off the corners of head and feet. Turn inside out and stuff. Finish sewing up. Sew and stuff arms and sew on at the shoulders.

Cut a long oval in red felt and cut a slit in the middle, and sew in place for the mouth.

Embroider two big crosses in black chain stitch for the eyes.

NOSE

Cast on 4 sts. of red wool.

Knit 1 row.

Increase at the beginning and end of the next row.

Knit 1 row.

Repeat the last 2 rows. (8 sts.)

Knit 4 rows.

Decrease at the beginning and end of the next row.

Knit 1 row.

Repeat these 2 rows. (4 sts.)

Cast off.

Run a gathering thread round the edge of the knitting, put a hard ball of stuffing in the middle, draw it up tightly into a ball and sew it in the centre of the face.

DRESS

21

Front.

Cast on 10 sts. in white wool.

Knit 1 row.

In the next row increase twice in every stitch by knitting into the front, the back and then the front again. (30 sts.)

Knit 2 3/4 in. on these sts.

Break off the wool and leave.

Knit a second leg to match and put both sets of stitches on to 1 needle. (60 sts.)

Knit 1 in.

Next row. K 5 k 2 tog. *k 10 k 2 tog.* Repeat * to * 3 times. k 5. (55 sts.)

Knit 1 in. including decrease row.

Next row. K 4 k 2 tog. *k 9 k 2 tog.* Repeat * to * 3 times. (50 sts.)

Knit 1 in.

Next row. K 4 k 2 tog. *k 8 k 2 tog.* Repeat * to * 3 times. (45 sts.)

Knit 1 in.

Next row. K 3 k 2 tog. *k 7 k 2 tog.* Repeat * to * 3 times. (40 sts.)

Knit 1 in.

Next row. K 3 k 2 tog. *k 6 k 2 tog.* Repeat * to * 3 times. (35 sts.)

Knit 1 in.

Next row. K 3 k 2 tog. *k 5 k 2 tog.* Repeat * to * 3 times. (30 sts.)

Knit on without further decreasing until work measures 9 in. from the beginning.

Next row. *K 1 k 2 tog.* Repeat * to * to end of row. (20 sts.)

Cast off.

Knit a second piece for the back of the dress.

NECK AND ANKLE RUFFLES

With orange wool cast on 60 sts.

Knit 1 row.

Change to white wool.

Knit 4 rows.

Change to green wool.

Knit 2 rows.

Change to white wool.

Knit 2 rows.

Next row. Slip 1 k 2 tog., pass slipped stitch over. Repeat this to the end of the row. (20 sts.)

Cast off.

Knit two more ruffles for the ankles.

SLEEVE RUFFLES

With orange wool cast on 48 sts.
 Knit 1 row.
 Break off wool.
 Change to white wool.
 Knit 4 rows.
 Change to green wool.
 Knit 2 rows.
 Change to white wool.
 Knit 2 rows.
 Next row. Slip 1, knit 2 tog., pass slipped stitch over.
 Repeat this to the end of the row (16 sts.)
 Cast off.
 Knit a second one to match.

HAT

With white wool cast on 48 sts.
 Knit 1 1/2 in.
 Next row. *K 6 k 2 tog.* Repeat * to * to end of the row. (42 sts.)
 Knit 3 rows.
 Next row. *K 5 k 2 tog.* Repeat * to * to end of row. (36 sts.)
 Knit 3 rows.
 Next row. *K 4 k 2 tog.* Repeat * to * to end of row. (30 sts.)
 Knit 3 rows.
 Next row. *K 3 k 2 tog.* Repeat * to * to end of row. (24 sts.)
 Knit 3 rows.
 Next row. *K 2 k 2 tog.* Repeat * to * to end of row. (18 sts.)
 Knit 3 rows.
 Next row. *K 1 k 2 tog.* Repeat * to * to end of row. (12 sts.)
 Knit 3 rows.
 Next row. Knit 2 tog. 3 times. (3 sts.)
 Next row. Slip 1, knit 1, pass slipped st. over.
 Cast off.

POM-POMS

Cut two strips of cardboard 1/2 in. wide. Place them together with a thread of wool between them lengthwise (Fig. 23). Wind orange wool round them about 50 times. Cut through the wool between the cards and tie very tightly round the middle to form a ball. Trim off the ends to the required size. Make two or three for the dress, and two or three for the hat.

MAKE UP

Sew together the inside leg seams. Pin the centre of the neck similarly pin the back. Pin the trouser legs together at the ankles. They should be slightly baggy.
 Oversew the side seams on the right side. Catch down to the doll at neck and ankles. Join shoulder seams.
 Join seams of ruffles and sew them round neck and ankles and the two smaller ones round the wrists.
 Sew three pom-poms down the front. Sew seam of hat, turn brim back in a roll and catch down. Sew on pom-poms, stuff lightly to keep shape and stitch to the head through the brim.

23



THE WORLD OF POETRY

25

To - Brian Greenspan, my lawyer

There was a young man without fear
a lawyer, a knight of career.
In a country corrupt-
but he did not seem trapped,
and his future looked laid out and clear.

His self-confidence was secure
his motive seemed touchingly pure
with a speech most perfect,
dressed always correct,
and he kept his distance - for sure!

With couple of studys behind,
no trace of a doubt in his mind;
he could tackle the court
by swinging his sword -
for justice, to free the confined.

He tangled his brain to a knot,
to come up with successive a plot,
to save a young lady
who's future looked shady
facing seven long years to rot.

But with all thought and long preparation,
minute chance in fighting a nation,
that honors dictation,
defeats liberation,
to feed corpses with brain constipation!

Now it may not be for me to judge,
and I won't bear nobody a grudge,
but to look at this case,
creates slight distaste,
and the bloodhounds of the law do not budge.

Maybe one day the brave knight will see
that it's like to smoke and feel free!?!
One can't end frustration
by sheer protestation
and it's better to leave it - and be!

Rosi II.

26

I felt it once,
just like the surge of the sea, it came;
a idst the bobbles on the shore.
It was when it came,
the skies held all the beauty of it's birth,
as a child on his mother's breast throughout
the wilderness of time.
Lost for I know the outcome.
Yes, it came;
even the power which the great wave
of the could not hold it back.
The children on the shore yielded to its force.
And shared it as a in search.
All the beauty of a thousand years
boded as a thousand miles of
loneliness to be alive.
And I saw it could only cause sadness
as long as we are as it came,
it was here again.
Hervin behind the night and
the nation of million years.

WHY?

by:
Joy G.

WHY?

Here I
All alone
"London"
When it'll come
On it's own
"Waiting"
It's a very trying
Period of time
"Patience"
First of birth
Of my very own
"Baby"
Then to follow
Will be really be
"London"

Gail G.

A Still Prayer

Oh Lord hear my cry
Hear me before I die
I've always had to say
I need the will to live each day.

Oh Lord you heard my cry
You heard me before I died
I heard you say
You have the will to live each day.

Gail B.

Woman

Woman was created from the rib of man
Not from his head to top him
Nor out of his feet to be trampled upon
But out of his side to be equal to him
Next to his heart to be loved.

A Special Friend

If you have found someone
Who sits and takes the time
To help you sort your feelings
Then you have found the one.

If you have found someone
Who you can really turn to
No matter what the case may be
Then you have found the one.

If you have found a woman
Or if you like a man,
Who can really make you happy
Then you can settle down.

If you do find someone
Who you can really turn to
"Congratulations," cause you have found
"A very Special Friend."

Gail B.

Across the wide spaces
 beneath the bright sun,
 Away from the people
 and all that they shun,
 Across the wide spaces
 beneath the blue sky,
 Soon if you listen
 you may hear my cry.

I prayed that you came,
 your body as one,
 Your heart be it open
 like the brilliant free sun,
 I prayed that you loved
 just a poor soul like me,
 And I begged that devil
 just let you go free.

Across the wide spaces
 I sent my life's dreams,
 Away went my soul
 to the river's and stream's
 My heart stayed to savour
 lost longing and mirth,
 And my love stayed to flourish
 amidst tear's, blood and earth.

by Jay G.

SO-LONG NOT, GOOD-BYE

I hate to say this
 But I have to go
 It's good to say good-bye
 To the walls
 But hard to say so-long
 To you all
 It's a weird feeling
 Being sad and glad
 So I'll say so-long to you all
 And good-bye to Vanier
 Why so-long, cause I don't
 Want this to be the end
 But rather the beginning of something
 That will never end.

Gail B.

Do I dare
 Disturb the universe?
 In a minute there is time
 For decisions and revisions which a minute will reverse.
 For I have known the all already, a minute Known them all -
 Have known the evenings, mornings, afternoons,
 I have measured out my life with coffee spoons;
 I have known the voices dying with a dying fall
 Beneath the music from a farther room.

So, how should I presume?
 And I have known the eyes already, known them all.
 The eyes that hit you in a formulated phrase,
 And when I am formulated, sprawling on a pin,
 When I am pinned and wriggling on the wall,
 Then how should I begin
 To spit out the butt-ends of my days and ways?
 And how should I presume?

-T. S. Eliot
 submitted by Susan B.

Because these wings are no longer wings to fly
 But merely fans to beat the air
 The air which is now thoroughly small and dry
 Smaller and dryer than the will
 Teach us to care and not to care
 Teach us to sit still.

- T. S. Eliot
 submitted by Susan B.

TO BE ALONE

Alone is a feeling of being in a
 place among strangers,

To be alone is to hide in oneself
 not letting anything enter.

Jail can be a lonely place
 for someone who hasn't spent time here before

I'm alone in my thoughts of my loved one,
 And she is alone without me.

- by Marcele S.
 Kon-Tiki

Saving My Prayers

Now I lay me down to sleep
 What if I have a nightmare?
 Nobody's around except the night matron
 And she won't do anything.
 I pray the Lord my soul to keep
 What the hell am I doing in this place?
 The Judge said seven months,
 I can't do that much time it's inside!
 If I should die before I wake
 What if I do? They won't know until
 the doors are unlocked at 7:30 a.m.
 I suppose they'll make proper arrangements.
 I pray the Lord my soul to take,
 What if he doesn't, and I go the other way?!
 What's it like down there? Will they
 lock me in a cell until my seven months are up?

Amen.

Patti G.

Submitted by Sarah

How can one be so free, yet so confined?
 Why is there the urge to see what is on
 the other side of the fence?
 How can I contain all things,
 and break the binds of confinement?
 It isn't the physical confinement that I mind.
 It's the mental that I fight.
 God, answer me this:
 Why did I have to be here?

Nicky B.

Walk Through Life

Sometimes the road we walk,
 Seems lonely and dark
 All around you nothing,
 The remains of emptiness & silence
 Can't someone help me?
 Don't they know?
 Don't they care?
 Do I care?
 If I did, would I have chosen,
 This dark and lonely road?
 Probably....God help me.....

Belle B.

INVICTUS

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul:

In the fell clutch of circumstance
I have not winced nor cried aloud:
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate:
I am the captain of my soul.

William Ernest Henley

"How do I love thee?
Let me count the way"

Oh say... I love you...
How many ways can you say it?
Oh does saying it matter
How about doing, being
"All you need is love"
"Love makes the world go round"
Love, honour, and obey.
The love that passes at understanding
It is a rare person, poet or not, who
has not tried some time to express
something so personal and immediate
as love. But words do not seem
to be enough

Submitted by.

Sarah, M

A Small Prayer

Oh Lord, hear my cry
Hear me before I die
I've always had to say
I need the will to live each day.
Oh Lord, you heard my cry
You heard me before I died
I heard you say
You have the will to live each day.

Gail B.

Love is.....



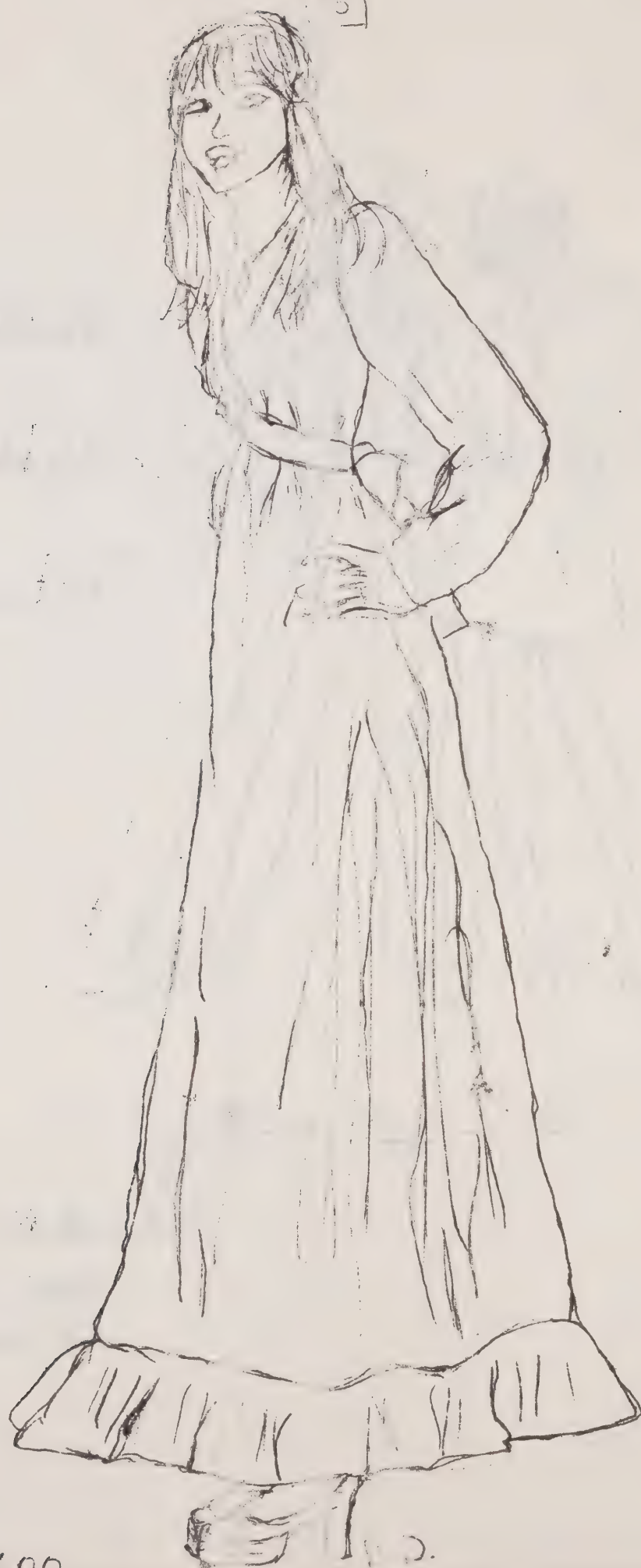
Being there when
she reaches for you



Fall
Fashions
From

Simplicity

Submitted by
Deanna
Claudette M.





6282



5796

submitted by
Deanna D.
Claudette M.



cm.
DD.
6220



cm.
DD.
6226





boo boo



PAULINE D.

THE I.Q. MERCHANT BY John Boyd
here in the library

A virtually bankrupt owner of a California pharmaceuticals company discovers, some years in the future, what appears to be an intelligence raising drug. The man who succeeded in bringing such a product to the market might reasonably expect to reap the riches and acclaim of a grateful world. But as always, there are problems. A sizeable minority of test animals die from the serum. On the other hand many live, remaining intelligent and active.

More personally, the drug had a special significance because the owner's son, a strapping seventeen year old, was mentally retarded. The drug might make him normal.

Throughout the whole book the man in question was giving his son this drug. He found within a period of 2 or 3 months that his wife had a breakdown and his son had taken over his business. Through this he makes deals all over the world to sell the drugs which cause death to a number of people. The families of these persons come back to him. Before he goes to jail, he gets his son's girlfriend pregnant.

After getting out of jail, he found the world changed; only the strong survived and the weak have died. He went home to find his wife well and the area a slum. He is left with the girl he got pregnant. His wife and son, along with the other intelligent people of the world, are in control.

Marcele S.
Kon-Tiki.

THE LESBIAN MYTH, by Bettie Wysor

The myth surrounding female homosexuality is that it is immoral and unnatural, and that lesbians are sick, unhappy, and unfulfilled. The same culture which traditionally makes people uncomfortable with their sexuality presents the ideal woman's role as that of wife and mother; anything outside of that indicates sickness or immaturity. Ms. Wysor studies the myth from the viewpoints of church people, anthropologists, animal behaviorists, psychiatrists, and several groups of lesbian women.

The church presents a Biblical version of morality. The "sin-obsessed taboos" regarding homosexuality and masturbation, first written in the old testament, have been

heavily stressed by the church throughout western history. The male-dominated society of the Hebrews put rigid codes on women's sexual conduct, based on the story of Adam, Eve and the snake: Eve sinned first and then ensnared Adam, too. The long tradition of women's duty to submit to men was based on this first sin. The Jewish prohibition of intercourse during menstruation is one indication of the pervasive feeling of woman's uncleanness; it followed that sex was unclean and the double standard began and flourished.

In looking at the actual Biblical stories, however, Wysor finds alternative interpretations to that of the established church. The story of the creation of Adam and Eve is generally interpreted to mean that God's purpose in making male and female was so that people would procreate and multiply. Less often mentioned is that God made Adam, and saw that Adam was alone. Because it was not good to be lonely, God separated Adam into two people, male and female. Thus the sexual communion of people was intended to ease loneliness, not just for procreation. There are many clergypersons today who accept homosexuality as part of human sexuality (to ease loneliness) whether any form of sex (hetero, homo, or auto) is good or evil depends on whether love is fully served, "says Joseph Fletcher.

Reverend Ronald Mazur, a Unitarian minister who was raised as Catholic, says "Unfortunately most of us have been mind-fucked by religion and have been waiting for sex in the sky by and by. The sterile morality of organized religion continues to blind people in a state of sexual immaturity, denying them joy in the basic pleasures of the flesh, pleasures which make it worthwhile to be human and alive".

Animal behavior studies do not support the claim that homosexuality is "unnatural". Animals respond naturally to given sexual stimuli; mounting behavior is not limited to that of the male mounting the female for reproduction. When a female is in heat, other females as well as males can be sexually attracted. Wysor writes, "The very naturalness of animal sexual behavior, their uncomplicated ability to be attracted, to respond, and to be sexually aroused and participate in a sexual ritual, suggests that perhaps there is really no such thing as heterosexual or homosexual behavior at all. There is simply sexual behavior, on which we impose our cultural bias in order to maintain a procreative and male-dominated social structure".

Margaret Mead, a well-known anthropologist; says on the basis of her studies of people in many cultures; "I think human beings are bisexual and extreme homosexuals and extreme heterosexuals are both deviates". Homosexuality has been a form of sexual expression in human societies since their beginnings.

A number of studies have been, and are being done of human sexuality. Masters and Johnson's clinical studies and Kinsey's statistical surveys are among the best known of these. Wysor includes findings from many of these recent studies, as well as recorded discussions of several different groups of lesbian women. The current emphasis in psychiatry tends towards helping homosexuals deal with the problems they encounter rather than trying to "change" them to heterosexuals. As one woman said at a group discussion, "It's not being gay that's the problem; it's what society puts on you for being gay. There will be a time when society will not put these problems on people".

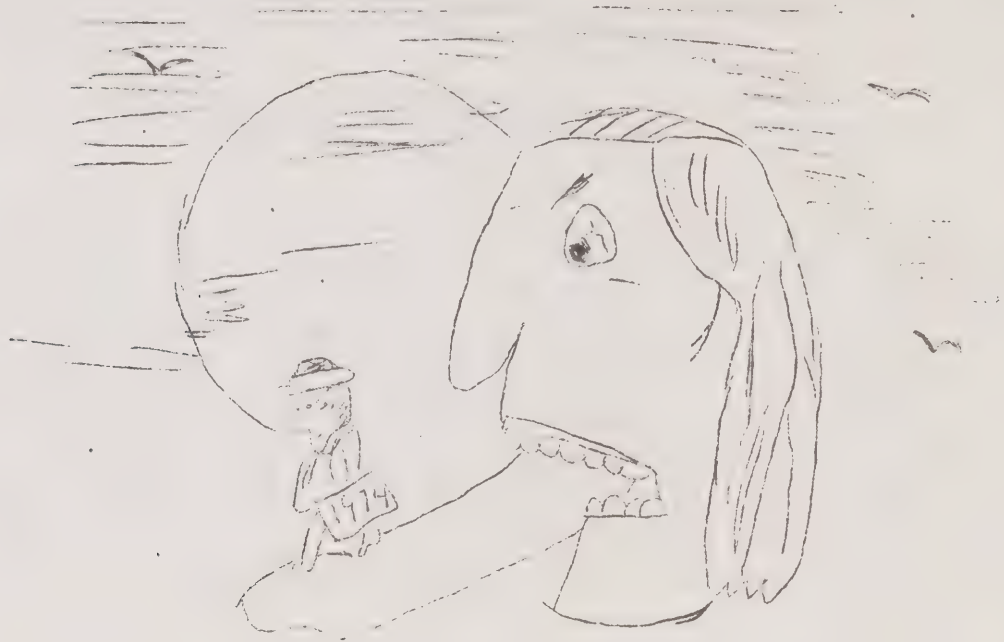
One familiar lesbian stereotype has been presented in literature through the ages: the "butch" type. There is a widespread notion that a lesbian is more masculine than other women, and acts and dresses accordingly. There is no genetic foundation for this notion: the chromosomes are not different in homosexuals than in heterosexuals. Some lesbians do adopt a butch role, but the discussions among lesbians show that the butch role is not seen as a part of being lesbian. ("We're just going to go around looking like regular women"). Denying one's womanhood is not necessary in loving another woman. After all, every woman's first relationship with another person is with another woman-her mother.

Most of the lesbian women in the group discussions had had heterosexual relationships at some time. Many of them had tried to fill the wife/mother role and had felt frustrated. One woman seemed to be expressing a common feeling when she said that the difference between having sex with a man and having sex with a woman is that of feeling used or feeling loved. The cultural expectations that we grew up with, that men should be independent, aggressive, and not show their emotions, and that women should be passive and loving wives and mothers (possessions and servants?) may account for some of the hassles the women felt in heterosexual relationships. But women's liberation did not seem to be the only reason for any of them for being gay. One woman said, "There are no choices to be made, the impulses are overwhelming...", and another, "There is more than one narrow way to be". It's obvious that the women in the groups interviewed enjoyed being gay. They expressed their sexuality as they felt it and were comfortable and fulfilled. Those who are bisexual did not express any interest in returning to solely heterosexual relationships, despite the hassle from society.

In studying the lesbian myths and stereotypes, one conclusion keeps coming up again and again from different areas-~~that~~ human sexuality is not rigidly divided into homosexual and heterosexual behavior.

The differences are in orientation, and this can lie anywhere among the two areas. But, "for some people, being confronted with the fact of homosexuality is frightening because it hits too close to home. Somewhere along the way they too have had homosexual experiences or secret fears or inclinations in themselves.

Susan B



Sometimes I can't Stand Living With
myself
I get on my nerves

More than once I've threatened to
move out

Terry F

ABORTION

Abortion is our right--our right as women to control our bodies. In almost every community in this country (North America) a woman with an unwanted pregnancy is frustrated and obstructed by laws, hospitals, doctors, by high prices and poor communications. Some strong and concerned people have changed a few laws and started some good abortion-referral services and humane clinics, but for too many women legal abortions are hard to get, hard to pay for, and once gotten, are alienating and lonely experiences.

In places where legal abortions are hard to get, the risks are great. Although the risk of death for an abortion done under proper medical supervision during the first 12 weeks is less than for a full--term pregnancy, not all women who want abortions can get them legally. And of those who can, many have spent so long securing information about getting an abortion and then getting an appointment that they go beyond 12 weeks. 12 weeks after their last menstrual period, the procedure gets more difficult and more dangerous.

When abortion laws are repealed, however, we have to make sure above all the abortions are voluntary as well as free and safe. In fighting to change the abortion situation we run up against many vested interests:

- (1) the legislators who refuse to see the need, who use their power to prevent repeal of abortion laws, saying, for instance, that they don't want to "encourage promiscuity".
- (2) the medical profession that is threatened by the idea of abortion on request, that used the laws to maintain its power, by defining the legality of each case, that charges high prices for the abortions they choose to do.
- (3) the racketeers who profit from illegal abortions.
- (4) the profitmaking abortion--referral agencies that advertise widely and make \$50 or more from every desperate woman.

The battle for change in the abortion situation in North America over the past several years has had some results. In Canada the "liberalized" law allows for abortion when continued pregnancy would threaten the life or health (undefined) of the women. Of those states in the U.S. with reformed laws, New York is the only one which leaves the decision between the women and the doctor, with no hospitalization and no residence requirement. Even a quick look at the realities in these areas shows that we are still a long way from abortion on demand.

Male (and some female) chauvinism and conservatism on the part of the doctors are exemplified in the Canadian situation. The law is worded such that a group of hospital

doctors could define the condition, "unwanted pregnancy", as a threat to women's health; applications could be rubber stamped and abortions done immediately on an outpatient basis. This has occurred only rarely. Doctors still believe they have a right to participate in a woman's decision whether or not to have a baby, beyond offering her the use of medical technology to prevent or terminate a pregnancy. So long as male doctors, administrators, boards of directors, and the church, set the priorities of the hospitals and are not responsible to the demands of the community they serve, the real health needs of the people will not be satisfied.

The struggle for justice on the abortion issue will not be complete until abortion becomes just another medical procedure available free, safe and voluntary abortions for all women who want them, to be carried out in properly equipped hospitals or clinics by humane and qualified personnel, including trained and sympathetic counselors.

Good counselling is indeed, an important and part of the abortion. Although the medical procedure of a pre-12-week abortion is safer than a tonsilectomy, for some women the emotional experience can be very trying. In the first place, there can be a physiological post abortion depression similar to postpartum depression in women who deliver babies. We must make sure that every woman who has an abortion is aware that this depression might happen. But, more than that, the women who have abortions, no matter how easy it is to arrange, come from a culture that puts a very high value on motherhood and that is uneasy about sex, also premarital sex.

You are likely to feel mostly relief and happiness at getting rid of such a burden, but if you do feel bad, don't suppress those feelings--let them rise, deal with them, and work to make sure that other women who seek abortions get the emotional support they need at every step of the way.

Timing

When the embryo is one month old it is a tiny mass of tissue with no resemblance to a human being. At the end of the first month the embryo is about the size of a pea. By the end of the second month the growing embryo, by this time called a fetus, is a very fragile one-inch long mass of differentiated tissue acting as a parasite within the body of the mother. When the fetus is three months old it has attained a length of about five inches. The earlier the abortion is done, the safer it is for the woman and the easier it is on the doctor. Even doctors who will perform abortions willingly have some cutoff point, ranging from when the fetus

takes clear human shape through the time (near 20 weeks) when the fetus moves, making abortion far more dangerous for the woman, to the time of "viability" (around 28 weeks), when the fetus could survive if born.

Up to 12 weeks--Vacuum section:

The suction method is now the most commonly used medical technique for the termination of pregnancy. The procedure involves the dilation, or opening, of the cervix. The cervix is dilated by passing a series of plastic or metal dilators, each slightly larger than the next, into the cervix. When the cervix is dilated, a sterile tube attached to a vacuum aspirator, is inserted into the uterus. The aspirator, working on the same principle as the vacuum cleaner, sucks up the fetal tissue from the uterine wall. The fragments are then drawn out and down the tube by means of the vacuum pump. This whole process rarely takes more than five to seven minutes. Except for the cramping of the uterus, the procedure is usually painless.

Up to 12 weeks--dilation and curettage:

The suction method is now much more frequently used than the dilation and curettage, and is considered better because it causes less physical trauma to the uterus. However some doctors who have been performing the D&C for years prefer to continue using this method. The procedure, which is done on women for various reasons including infertility, involves the dilation of the cervix and the scraping of the womb with a curette. The cervix is dilated by means of graduated dilators starting at 2mm and proceeding to about 12mm at 10 weeks pregnancy and to 14mm at 12 weeks. The doctor uses the curette, a metal loop on the end of a long thin handle, to scrape gently the internal uterine wall, removing the fetal tissue with forceps. The patient is totally anesthetized, and requires from six hours to two days of recuperation, during which time there might be some bleeding.

12-16 weeks

In England during this period, doctors use a combination of the vacuum aspiration and D&C with forceps method; the operation is over a hundred dollars more expensive. In America a woman should wait until she is 16 weeks pregnant and can have a saline injection, because after 12 weeks the uterus tilts in such a way that it becomes difficult for the doctor to get all the fetal tissue out. Also, and more important, the uterine lining becomes so soft and spongy that the chance of the curette or aspirator going through the uterus increases, as does the chance of hemorrhage.

After 16 weeks: Saline injection

With this method, a long needle passed through the locally anesthetized abdomen withdraws some of the amniotic fluid and replaces it with an equal amount of concentrated salt solution. Rarely do patients react unfavorably to the injection of the salt solution. However, if a woman should become hot and have cramps or a burning sensation to the pelvic area the procedure is stopped. The woman's head is raised; she is given water to drink. When the symptoms have subsided the procedure will be continued. Afterward the patient may complain of cramping and nausea. This kind of reaction seems related to minute quantities of salt getting into the abdominal cavity; it is easily treated and has no lasting effects.

Contractions will start some hours later. Generally they will be as strong as those of a full-term pregnancy. No general anesthesia is given, but Demerol or sleeping pills are administered. The salt injection is the simplest part of the procedure. The longest and most difficult part will be the labor. The breathing techniques might help make the contractions more bearable. After eight to fifteen hours of labor the fetus is expelled in a bedpan in the patients' bed.

Unmarried women under twenty are the largest group having saline abortions in New York. The experience may be painful and emotionally harrowing. It is essential that women going through this procedure have good counselling before, during and after saline abortion.

After 20 weeks: Hysterotomy (miniature caesarean)

A hysterotomy may be performed if it is 20 weeks or more since LMP or if for some reason a woman cannot have a saline abortion or D&C. In a hysterotomy the fetus is removed through a small abdominal incision usually below the pubic hair-line. This is major surgery, requires several days' hospitalization and convalescence, is therefore more expensive (at least \$1000), and often condemns a woman to caesarian birth thereafter. Although as major surgery the hysterotomy involves more risk, it does not affect a woman's reproductive system at all (unlike the hysterectomy, or removal of the uterus, with which it is often confused).

Anesthesia:

For a vacuum aspiration (suction) abortion a patient may have a choice of a local anesthetic or general anesthesia. A paracervical block (or local anesthetic) is an injection of novocain or sylocaine on either side of the cervix. This will minimize the discomfort arising from the cramping as the last dilators are inserted. A local anesthetic is both cheaper and safer than general anesthesia if you knew you wanted to go to sleep. It is less risky, and your recovery time will be longer.

dilators are inserted. A local anesthetic is both cheaper and safer than general anesthetic if you knew you wanted to be put to sleep. It is more risky, and your recovery time will be longer.

Complications:

Although the instances are very rare (fewer than 4 in 1,000), physical complications do sometimes occur after a medically performed legal abortion. Here are the possible complications and their symptoms, so you will know what to look for. Seek medical help immediately if any of these should arise:

(1) Hemorrhage: A hemorrhage could be caused by laceration of the uterine wall or perforation of the uterus with the dilator, vacurette or curette. A heavy flow of blood accompanied by heavy clotting (not to be confused with the slight spotting that follows most normal abortions) can indicate that not all the fetal material has been removed or that the uterus has not contracted to normal size.

(2) Infection: Infection can occur if the instruments used were unsterile; if your resistance is low after the abortion, so that any infection present before the abortion can spread; or if you douche, use tampons, or have intercourse too soon after the abortion, thereby allowing germs to enter the uterus through the vaginal canal before the uterus has had a chance to completely heal. Nausea, vomiting, heavy cramping, or a temperature of 100.5 degrees Fahrenheit or over are all signs that warn of possible infection.

(3) Incomplete abortion: This results when a doctor fails to remove all fetal material in the uterus. The abortion may then have to be completed by a dilation and curettage of the uterus. The danger signs to watch for are a foul-smelling vaginal discharge, cramping, nausea, vomiting, or hemorrhage as described above.

Before you go for your abortion it is important that you have the address and phone number of a doctor or clinic that you can go to if any complications should occur, because if complications do occur, it's a crisis, and that's not the time to have to search out a doctor who will see you.

Aftercare:

Although a woman can usually get up and resume her normal activities a few hours after a Vacuum suction abortion, it is a good idea for her to be on the lookout for the previous danger signs, and observe these directions carefully after the abortion: No douching, tampons, tub baths, or intercourse for four weeks after the abortion. This will cut down the chances of getting an infection.

The idea behind this is that infectious germs entering the vaginal canal might cause infection in the uterus at this time. Thus exterior masturbation or oral intercourse are not prohibited.

Birth Control After an Abortion:

At the time of your abortion usually someone at the hospital or clinic may talk with you about birth control. This may seem like a hassle when you are so concerned with what's happening to you right then. Clinics do this because many women get pregnant because birth-control information was just not available to them where they lived. This is a good time to ask for this information of any of the counselors.

Some clinics will insert an IUD at the time of your abortion. Check this if you are interested.

If you plan to take the pill as a method of birth control, it is a good idea to start taking it right after the abortion even though you can't have intercourse for four weeks, because it is not until the second month of taking the pill that you can be positive that it has stopped ovulation and is therefore working as an effective method of birth control.

Your period will start about four weeks after the abortion. But, remember, it is important not to have intercourse the first month after the abortion: you are fertile and you are open to infection.

Abortion Counseling:

Probably the most important person you would come in contact with during an abortion would be the abortion counselor.

Most counselors agree that an important factor in their work is the number of cases they handle a day. They feel that there should be enough counselors so that patients can be treated considerately and effectively. If a counselor is obliged to see too many patients in a day, both she and the patient can begin to feel like impersonal, mechanical parts of the "big business" of the clinic.

Some women come to an abortion thinking that it's the most hideous crisis in their lives--but hopefully in time of crisis you can learn something about yourself. Through counseling, women can get down to those real feelings. They look at their relationships with men; they see who their friends are; they learn about their bodies and birth control, reflect on their sexuality, get support... Good counseling is quite important and can help a lot.

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Fall

October

Fall

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MARY ANN L.

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December

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SARAH M.

